

#### **ABSTRACT OF THE DISCLOSURE**

A forearm and wrist exercise device includes a base frame, a handle rod, a driver wheel, a driven yoke, a driven wheel and an adjustable tensioner. The base frame is attached to a stationary object, such as a wall. The handle rod extends from the driver wheel and the handle rod is pivotally retained by the base frame. One end of the driven yoke is pivotally retained by the base frame and the driven wheel is pivotally retained by the other end thereof. The driven wheel is forced against the driver wheel with the adjustable tensioner. A second embodiment of the forearm and wrist exercise device includes a base frame, a handle rod, a driver wheel, a tension belt and an adjustable tensioner. A third embodiment of the forearm and wrist exercise device includes a base frame, a hydraulic pump, a hydraulic flow valve and a pair of extension shafts.